

Pork

Barbecue Porky Joes

Palm Beach Post

Servings: 4

Start to Finish Time: 30 minutes

1 pound pork loin cutlets (or other lean cut of pork)

1 tablespoon canola oil

1 medium yellow onion, diced

1 green bell pepper, cored and diced

1 cup prepared barbecue sauce

4 hamburger buns

Place the pork in the bowl of a food processor. Pulse the pork in short bursts until well chopped, but not finely ground.

In a large skillet over medium-high, heat the oil. Add the onion and pepper and saute' for 6 minutes.

Add the pork and saute' until lightly browned and cooked through, about 8 minutes. Remove the skillet from the heat. Stir in the barbecue sauce, then serve on the buns.

Per Serving (excluding unknown items): 172 Calories; 6g Fat (29.8% calories from fat); 4g Protein; 26g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 242mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1 Vegetable; 1 Fat.